

X on Me

拍數: 32 牆數: 4 級數: Beginner
編舞者: Dian Caroline (INA) - November 2023
音樂: Dirty Little Secret - Zack Knight & Nora Fatehi



***1 Tag, No Restart**

Section 1. Walk Forward R,L, Forward Mambo, Knee Pop L,R

1-2 Step RF forward, Step LF forward
3&4 Rock RF forward, Recover on LF, Step RF slightly back
5&6 Rock LF backward with R knee pop, Recover on RF with L knee pop, Recover on LF with R knee pop
7&8 Rock RF backward with L knee pop, Recover on LF with R knee pop, Recover on RF with L knee pop

Section 2. Coaster Step, Rock, Recover, Sailor step ¼ turn, Sailor step

1&2 Step LF back, Step RF together, Step LF forward
3-4 Rock RF forward, Recover on LF
5&6 ¼ turn right (03.00) Step RF behind, Step LF slightly to RF, Step RF to side
7&8 Step LF behind RF, Step RF slightly to LF, Step LF to side

Section 3. Diagonal Forward, Together, Diagonal Shuffle (RL)

1-2 Step RF diagonal forward (4.30), Step LF together
3&4 Step RF diagonal forward, Step LF Together, Step RF diagonal forward
5-6 Step LF diagonal forward (1.30), Step RF together
7&8 Step LF diagonal forward, Step RF together, Step LF diagonal forward

Section 4. Mambo R front, Mambo L back, Jazz box with knee pop

1&2 Rock RF forward (03.00), Recover on LF, Step RF slightly back
3&4 Rock LF backward, Recover on RF, Step LF slightly forward
5-8 Cross RF over LF, Step LF back, Step RF to side, Close LF to RF with R knee pop

***TAG : 4 count on wall 7 ((09.00) after count 16 (end of section 2)**

Stomp with hip bump R,L

1-2 Stomp RF with bump R hip to side
3-4 Stomp LF with bump L hip to side

Happy dancing ;))

Contact : diancaroline73o@gmail.com